

TREATMENTS FOR THE BODY

Our latest treatment:

Baobab Feel Good

70min

£110

For centuries people of Africa have turned to the baobab tree as a source of natural wellbeing, to benefit their skin, hair and general health. Baobab helps to bring out natural beauty. This treatment is a nourishing, protective, smoothing and hydrating experience, combining full body exfoliation, massage and energizing leg therapy. A sublime relaxing ritual that uses unique ingredients produced from the African Baobab tree, exotic in nature and rich in nutrients.

Baobab has one of the highest antioxidant capacities of any fruit in the world. It's an excellent source of vitamin C, increases energy level, decreases stress, and supports immune system.

No wonder we call it The Feel Good Fruit!

And to make you feel great on the inside too we offer you a super fruit smoothie made with 100% organic Baobab extract.

Feel good, Look good, Do good.

Please note that we will donate £2 from each treatment to the Aduna Foundation to help make Baobab Famous.

Ultimate Aromatherapy Experience

This real aromatherapy experience starts with a consultation to find out what you're emotional and physical needs are. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension.

25min £55

55min £85

85min £105

Destress Muscle -Deep tissue massage

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful. A deeper massage that works right into the muscles to release pain and tension. Finishing with stretches.

40min £75

55min £95

Baniya De-stress Massage

A deeply relaxing massage to help alleviate your body of stresses thanks to the Siberian Golden Root and 100% essentials oils of Ginger, Lavender, Bergamot and Vetiver. This powerful cocktail alongside specific massage techniques induce relaxation and relieve aches and tensions.

55min £95

85min £105

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Baniya Detox Massage

A detoxifying tonic to boost the system and re-energise the soul. Siberian Golden Root and 100% essential oils of Juniper, Siberian Pine, Mandarin and Amyris are the powerful ingredients which will help to purify the skin, alongside with unique massage techniques to stimulate the muscles and invigorate the body.

55min £95

85min £105

Baniya Hydrarose Massage

A relaxing, hydrating massage which helps soothe the skin whilst calming the mind. A blend of anti-stress. Siberian Golden Root combined with 100% essentials oils of Rose and Camomile to leave a satin finish and skin radiating with beauty.

55min £90

85min £100

Salt Caviar Massage

This luxury exfoliating deep massage boosts energy and also target specific areas of concern.

The combination of Siberian Golden Root with 100 % pure and natural essential oils of Eucalyptus and Siberian Pine helps to tone and detoxify and the caviar sugar scrub melts tired muscles, soothes and softens your skin.

55min £95

Venik Massage

The Baniya tradition dates back centuries and combines sources of heat with a special technique that uses herb infused branches to balance energy and stimulate blood circulation.

The Russian Birch branches are soaked in therapeutic oils and with specific tapotement movements, are used across the body to ease muscle tension and remove toxins.

(Can be booked individually or as an upgrade to any Baniya treatments)

25min £30

Hot Stone Massage

Hot stone massage is a specialty massage that uses smooth, heated stones. The stones are volcanic in origin and rich in minerals, and are heated and used for a deep body massage and intensive energy work. This balances and grounds the body, leaving you feeling totally calm and energized.

55min £90

Muscle Ease Elixir

"Muscle Ease Elixir" takes elements from a traditional Royal Thai Massage and our Signature Massage to stretch the limbs and the back. While comfortably lying in our Sun Meadow suite the therapist aims to release the tension in your body using slow strokes and deep pressure on the contracted areas. The ritual ends with an acupuncture scalp massage to release tension hidden in the cranial area. Recommended for fit & active people.

55min £90

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Candlelight Massage

This luxurious body massage induces relaxation and creates a sense of harmony. The Mediterranean Light candle is burned, emitting a wonderful fragrance of soothing Lavender and Mandarin, and then warm wax from the candle is poured over the body before a prolonged body massage is performed to ease tension and relax the mind.

55min £95

Oriental Exotic Massage

A completely indulgent treatment based on Saffron Delight with specialized massage rituals which incorporate the use of Silk Foulard & our exclusive stick. One not to be missed!

55min £90

Nuat Namman, Body Oil Ceremony

Experience the healing effects of Asian aromatherapy in a relaxing and restorative massage. Choose from our four signature blends:

Ponklai: Relaxing body oil massage using a synergy of lemongrass and orange essential oils that will embark your body and mind on a journey of ultimate relaxation and wellness.

Lodkwam Aun: Slimming body oil massage using a synergy of long pepper and cinnamon essential oils that will help your body to drain toxic wastes and re-sculpt your figure.

Borisut: Purifying body oil massage using a synergy of cajeput and petitgrain essential oils that will leave your body deeply detoxified and your mind replenished.

Phem Palang: Energizing body massage combining mandarin and peppermint to ease away your tension and bring your senses back to life with renewed vitality.

70min £95

Samunprai, Thai Herbal Heat Energizer

Drift away your tension while enjoying this unforgettable and traditional hot Thai massage, unchanged since the Thailand Ayutthaya period (14th. - 18th. Century), when a hot pack was administered to soldiers returning home with muscular aches and bruises. The balancing poultice opens the pores and brings a deep medicinal heat to the muscles releasing tension and revitalising your mind. Then, an invigorating massage with a synergy of peppermint and mandarin essential oils will take your body on a journey of total renewal.

85 min £105

Mohom, Indigo Art of Healing

Experience the ancient healing art of Hmong Shamans, used to treat muscular aches and pains. While a steamed indigo herbal poultice filled with pure remedial ingredients is thoroughly pounded over your body, surrender to a deep tissue massage using palms, thumbs and elbows to loosen muscles and stimulate blood circulation. Indigo, the symbol of the Buddha of medicine is said to improve muscular tone and drain away toxins, while Eucalyptus, Clove and Black Pepper essential oils dissolve muscular tension, embracing you in an aura of calm and harmony.

85min £105

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Sanouk, Detox Festival

This detoxifying treatment purifies the body helping to give you a more streamlined silhouette. The treatment involves an invigorating body exfoliation with a choice of Purifying or Slimming bath salts and specially selected oils. Crushed ice is then applied on the areas of concern followed by body massage. A great experience!

55min £85

Maphrao warm coconut soother

Following the Zen philosophy of returning to nature, amazing tropical wonders infuse this treatment with life, energy and beauty. Drift into southern Thailand delights when warm extra virgin coconut oil is drizzled onto your body and a warm sesame and coconut poultice is gently glided to massage, nourish, soothe and condition your skin. Exhilarating sweet scents permeate your mind and nurture your soul.

55min £95

Prenatal Massage

This nourishing body massage is carefully designed for pregnant mothers to aid relaxation and uses special pregnancy cushions for comfort, leaving the skin nourished and the mind and body totally relaxed.

55 min £85

The Real Nurturing Experience for Mother-to-be

This deeply restorative, pampering, all-over body treatment incorporates exfoliation and the layering of rose based products, to immediately restore the skin's quality. Finally relieve stresses and strains, heavy legs and an aching back with this relaxing and rejuvenating scalp and facial massage.

Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

55min £85

Reflexology

Soothe your soul through your soles. Reflexology, also known as zone therapy, is a type of massage that uses specific trigger points on the feet to stimulate and heal other parts of the body. So, even though you use, abuse and tramp around on them all day, your sensitive feet could be the key to wellbeing and holistic health. Reflexology promotes healing by stimulating the nerves in the body and encouraging the flow of blood and aims to encourage the body to relax and work naturally to restore its own balance.

55min £85

PRIORI CoffeeBerry Naturally Slimming Body Treatment

Target the hips, abdomen, thighs and other problem areas with this natural slimming treatment. The skin is cleansed and a natural peel is applied to remove dead skin cells, before the clinically-tested CoffeeBerry® Slimming Complex helps firm the skin, reduce inches and minimize the appearance of cellulite.

Most effective in a series of six treatments.

55min £85

TREATMENTS FOR THE FACE

Ultimate Aromatherapy Facial

55 min £85.00

Age Repair Facial

85 min £105.00

A new approach to facial care not only using essential oils to improve skin condition but using specialized techniques depending on your individual needs. Whether you want to clear up congested skin, condition and protect your skin, smooth the appearance of wrinkles or simply maintain an even complexion, we will tailor your treatment to suit your skin's particular requirements.

Siberian Petals Facial

This Russie Blanche signature facial combines the signature ritual with personalised skin care. The treatment starts with a double cleanse and tone using Pearly Jelly and White Toner to clear the pores, a Gentle Exfoliating Cream is applied to polish and purify the skin. A relaxing yet lifting face massage is performed using HydraRose and Black Orchid, customised to your skin type. A fortifying Cooling Mask then closes and tightens the pores whilst bringing an immediate fresh sparkle to sun-famished skin. Finally a Multi-Concentrated Revitalizing Serum and Moisturising Cream are applied to hydrate, smooth and protect your skin, leaving your skin radiant.

55min £85

Anti-ageing Cranberry & Rose Facial

A regenerating therapy that commences with deep cleanses and exfoliation leaving your skin purified, smooth and re hydrated. A calming Hydra Rose Elixir is then massaged into your skin, to deeply relax and smooth your features whilst stimulating and energizing the skin. A comforting Cranberry and Rose mask veils the skin allowing antioxidants and moisture to sink into your complexion and the treatment is completed with a multi-concentrated serum that uses anti-ageing hyaluronic acid and liquorice. This Russie Blanche experience leaves your skin complexion nourished, rejuvenated and smooth.

70min £100

Vitamin C+

Germaine de Capuccini presents the new anti-ageing line based on Vitamin C.

This facial therapy exfoliates the skin and is combined with an incredible "peeling" instant luminous mask which tautens the skin immediately minimising the appearance of pores and expression lines. Using highly active ingredients and a specialised lifting massage this facial delivers a wonderful experience which leaves your skin fresh, clear and younger looking

A real must have...

55min £85

CoffeeBerry Yoga Facial

An intense and relaxing anti-ageing treatment for areas showing signs of ageing: face, neck and décolletage. Using PRIORI® CoffeeBerry® this results-oriented treatment will reduce tension and stress levels as well as brighten and even your overall skin tone. Leaves skin feeling firm, lifted, youthful and radiant. We finish this facial with CoffeeBerry Perfecting Minerals Foundation SPF 25 - the first and only skin caring mineral line that contains the

TREATMENTS FOR THE FACE

CoffeeBerry extract, nature's most potent anti-ageing botanical, to fight free radicals and the causes of the skin ageing.

55 min £85

Advance Machine

Using electro-aesthetic technology this Advance method helps to maximize tone, texture and radiance by stimulating the facial muscles.

Upgrade any of the facials and achieve great non-surgical face lift results... Must have!

20min £20

NA Tropical Fruit and Flower Organic Facials

A mesmerizing YTSARA experience based on the brilliant osmosis of healing therapies...

Beginning with a facial assessment to determine your skin type, our therapist will select products from Ytsara line to create a facial experience tailored to your skin's needs.

Sombun: Balancing organic facial for normal to oily skin with an exotic synergy of white orchid extract and jasmine essential oil to purify and decongest oily skin.

Chum Chun: Quenching organic facial for normal to dry skin with an intriguing blend of green tea and bamboo shoot extract to heal dull & congested complexion and hydrate thirsty skin.

Yothai: Regenerative organic facial for sensitive and aging skin with a stimulating blend of Pandan leaf and Pink Lotus extract to alleviate fine lines wrinkles and assist cell renewal & oxygenation.

Siam Sa: Nurturing organic facial for dehydrated combination skin with rejuvenating blend of Lotus flower and neroli extract used to reduce dryness and improve circulation.

70min £90

Taolay Face Lifting Bliss

This amazing facial starts with a foot ritual to enjoy while your skin is deeply cleansed and purified. Then slowly drift into a luxurious relaxation while a sesame poultice is dipped in warm rosewood oil and gently glided onto your face to tone passive face muscles and activate microcirculation. Scalp pressure point massage is part of this treat. After a last quenching touch of Neroli to make the skin glow, improve skin elasticity and smooth wrinkles; enjoy the precious feeling of eternal beauty.

85min £105

Ta Souay Awakening Eye Treatment

Let your eyes be pampered and rejuvenated with this amazing eye treatment that combats fine lines, puffiness and dark circles. A secret blend of warm, botanical ingredients from our Asian garden will gently nourish and sooth your eyelids. Then, the light touch of shiatsu and lymphatic drainage massage, accompanied with a quenching floral serum, will reduce puffiness and dark circles. The treatment finishes with a cranial pressure point massage while your eyes rest under a relaxing aromatherapy eye cushion. **55min £80**

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Manao Head and Face Treat for Men

Enjoy a deep exfoliation to remove impurities and cleanse the skin, followed by a quenching facial mask to re-hydrate the epidermis. This advanced treatment incorporates a vital energy point massage through the application of a cranial herbal poultice over the back, neck shoulders and head, easing away stress and tension. Finally, restore health and vitality to the face with a floral elixir and a hydrating gel, enhancing muscle tone leaving the skin fresh and supple.

55min £85.00

C-Plus Energy facial for Men

Based on a cocktail of plant extracts and vitamins, this therapy has been designed to specifically meet the needs of men's skin, often irritated by the daily ritual of shaving. It works against the appearance of wrinkles, dryness and signs of premature skin ageing. Highly relaxing, extremely effective and it's only for him

55min £85

Crystal Clear Deluxe

For something amazing, this facial is a combination of a Mini Lift and Micro Dermabrasion. Microdermabrasion uses a controlled method of skin resurfacing, by gently exfoliating the outer layer of skin whilst encouraging new collagen and elastin formation to visibly rejuvenate the skin. Leaving the skin feeling and looking its absolute best - Results are visible immediately.

55 min £85

Crystal Clear Micro Dermabrasion 25min £60

Crystal Clear Mini Lift Mask 40min £60

Instantly lifts firms and reduces the appearance of wrinkles. The perfect 'pick me up'.

Crystal Clear Oxygen

This sophisticated treatment breathes new life into tired and aged skin. Delivers pulsed Oxygen into the skin, visibly improving elasticity and firmness. Fantastic results- dramatically rejuvenated skin with lines and wrinkles visibly reduced.

45min £85

Crystal Clear Oxygen Deluxe

A fantastic treatment which is combination of ether Microdermabrasion and Oxygen or Oxygen and Mini Lift mask for a maximum result.

75min £130

**For an additional £25 have it all experience! (Dermabrasion, Oxygen and Mini Lift Mask)
So much more than just a facial.**

FACE & BODY EXPERIENCES

Time Out Experience

115 mins £165

Every aspect of this complete K Spa ritual is personalised to your emotional and physical needs. A consultation and smell-test with a selection of oils is carried out to tailor the treatment to your needs and ensure that the desired effect is achieved. Your journey starts with an enriching body scrub followed by two different, specially targeted masks which are created to treat your face and body - each one designed to re-mineralize and soften the skin. You are then cocooned in a warm water blanket and gently lowered into a relaxed state of weightlessness whilst you drift away. If that wasn't enough, your treatment is finished with a full body massage using hot stones to rejuvenate and relax the body and mind. Feel physically and mentally refreshed after this all-encompassing top to toe relaxing experience.

Holistic OBSIDIAN and ONYX Ritual

85 mins £105

An exclusive ritual that combines Hot & Cold with Black & White ancient stones. These contrasts have never been so enjoyable and combine to rebalance your emotional well-being, eliminate toxins, revitalise the body, combat stress and overcome anxiety. The energy exchange between the body, the stones and the therapist leads to a perfect balance and serenity. A truly amazing experience.

Purity and Radiance

85 mins £135

This journey starts with a soothing back and shoulder massage. The facial focusses on purifying, refreshing and detoxifying the complexion. Beginning with a double cleanse and tone to gently purify and soothe the skin. Then using a specific purifying treatment with Lavender and Ylang-Ylang alongside specific techniques to help balance sebum levels and bring radiance. A customized mask is applied dependent on skin type to comfort and soften the face. The goodness is then locked in with a multi-concentrated serum leaving the complexion healthy and radiant. This facial is particularly good for balancing the skin and refining the skin's texture.

K Power 90min £150 (Signature)

90 mins £150

Our deeply-relaxing yet powerful face and body signature skin-booster is bursting with superfruit goodness for an anti-ageing and body-toning experience. We work from the tips of your toes to the very top of your scalp to allow stresses and fatigue to melt away. Using Rose essential oil, we begin with a foot massage then up to a full body massage and using our precious elixir for a face-lifting massage, combining the calming rose with smoothing movements to relax the mind. An anti-oxidant rich cranberry mask cocoons the body and an anti-ageing cranberry and rose mask adorns the face. The vitamin and anti-oxidant rich ingredients help combat environmental damage whilst increasing cellular renewal. The mask also encourages deeper penetration of the Rose essential oils. Whilst the goodness sinks in, a relaxing scalp massage is performed. The treatment is completed with a

FACE & BODY EXPERIENCES

massaging application of natural high-performance Firming Cream boasting a patent ingredient to lift and enhance the skin and caffeine concentrate to energise and cleanse your body. Beneficial for all skin types, but those suffering with breakouts, damaged, mature, tired or dull skin in particular will reap great results, as cranberry also harnesses powerful antiseptic and brightening virtues. Your treatment will be complemented with a chilled wellness drink in our relax lounge.

K Cleanse

85 mins £110

A truly sumptuous experience using extracts of precious stones and minerals to energise, tone and balance the skin. Working with an exquisite massage in combination with gentle exfoliating powder enriched with Amethyst, Sapphire and Ruby to produce a luxury smoothing exfoliating mousse. And that is not all! We introduce cupping in slow lymphatic drainage movements to increase blood circulation and stimulate the lymphatic system which helps to cleanse and detoxify the body. Deeply hydrating and nourishing to the skin with anti-cellulite effect. A must have treatment!

Body Exfoliation

Stimulating and deep body exfoliation, perfect as standalone treatment or in preparation for a massage

Choose from the following blends:

Relax

Revive

De-Stress

Renew

Enrich

25min £55

Salt Caviar Scrub

The combination of Siberian Golden Root with 100 % pure and natural essential oils of Eucalyptus and Siberian Pine purifies tones and softens the skin.

25min £60

K Spa Ultimate Back Relief

This is a unique experience to K Spa and is a total D-Stress ritual for the back.

The treatment starts with a deep back cleanse and exfoliation, followed by a hot stone back massage, and application of a thermal warm mud mask along the spine and the shoulders. Not only a treat for your back, it also includes a choice of a relaxing head or leg massage.

40 min £75

Glowing Express Facial

This express skin care treatment is the perfect pick me up, helping to bring your complexion back to its natural vitality. An instant boost for tired, dehydrated or stressed skin.

25min £55

Na plai, Recovery Head Massage

A soothing yet energizing back, neck, shoulders and head massage focusing on vital energy points for a total mind and spirit experience. The treatment starts with the application of a hot herbal poultice, to ease tension and restore vital tranquillity. Next, touch paradise while a rejuvenating blend of rosewood and orange is gently massaged onto your face to stimulate Marma points, promoting total recovery and balance.

40min £75

Oriental Scalp Massage

A deep scalp massage that focuses on your energy points, combined with individually selected aromatherapy oils. If time is of the essence, this treatment is perfect to relieve tension, increase circulation and leave you feeling refreshed and re-energised.

25min £55

Aromatherapy Back Massage

An effective back neck and shoulder massage treatment using firm pressure, for balancing and to take you away from the stresses and strains of everyday life and transport your mind, body and spirit into a deep state of complete relaxation.

25min £55

FINISHING TOUCHES

Waxing

Full Leg & Bikini	£50
Full Leg	£35
Half Leg	£28
Half Leg & Bikini	£40
Bikini Line	£20
High Bikini	£25
Brazilian/Hollywood	£50
Under Arm	£17
Full Arm	£28
Half Arm	£20
Upper Back & Shoulder	£40
Chest Wax	£30
Lip or Chin	£15

Tinting & Shaping

Eyelash & Eyebrow Tint	£25
Eyelash Tint	£20
Eyebrow Tint	£15
Eyebrow Shape	£20